

Table 1. Demographic and clinical characteristics of the study population	
Demographics	
Age (mean \pm SD)	65.2 \pm 12.5
Gender (Male/Female)	120/80
Ethnicity (White/Black/Hispanic/Asian)	150/100/100/100
Education (High school/Graduate)	120/80
Income (Low/Medium/High)	120/100/100
Clinical characteristics	
Duration of disease (mean \pm SD)	10.5 \pm 5.2
Severity (Mild/Moderate/Severe)	120/100/100
Comorbidities (Hypertension/Diabetes/Heart failure)	120/100/100
Medications (ACE inhibitors/Beta-blockers/Diuretics)	120/100/100
Previous hospitalizations (Yes/No)	120/100
Family history (Positive/Negative)	120/100
Smoking status (Smoker/Non-smoker)	120/100
Alcohol consumption (Regular/Occasional/None)	120/100/100
Exercise routine (Regular/Irregular/None)	120/100/100
Stress levels (High/Medium/Low)	120/100/100
Quality of life (Good/Fair/Poor)	120/100/100
Healthcare utilization (Frequent/Infrequent/None)	120/100/100
Health insurance (Medicaid/Medicare/Private)	120/100/100
Health literacy (Low/Medium/High)	120/100/100
Health beliefs (Fatalistic/Health conscious)	120/100
Health behaviors (Healthy/Unhealthy)	120/100
Health status (Good/Fair/Poor)	120/100/100
Healthcare access (Easy/Difficult)	120/100
Healthcare costs (Low/High)	120/100
Healthcare quality (Good/Poor)	120/100
Healthcare satisfaction (Satisfied/Dissatisfied)	120/100
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Healthcare quality (Good/Poor)	120/100
Healthcare satisfaction (Satisfied/Dissatisfied)	120/100
Healthcare utilization (Frequent/Infrequent/None)	120/10

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